BENGALURU, FRIDAY, FEBRUARY 7, 2025 www.Bangaloremirror.com 12 Pages PRICE ₹3

# Bangalore Mirror

TEMP Max 32 | Min 16 | Humidity 53% Fog/mist in the morning and mainly clear sky later Sensex 78,058 | Nifty 23,603 | Gold 86,510 | Silver 99,500 | Dollar 87.58 | Euro 91.22 | GBP 109.36

CITY / PAGE 5

## RESTRICTED ACCESS

Animal welfare workers say centre to house dogs of Vidhana Soudha campus spells trouble, not in accordance with guidelines

CITY / PAGE 6

## CRISS-CROSSING CITY

BBMP's Rs 13K-crore traffic plan includes tunnel roads, double-decker metro routes, flyovers & more flyovers

### Police recover hundreds of stolen phones, but manage to return it to rightful owner only in handful of cases — locked devices, lack of follow-up by theft victims among reasons

# NOBODY ON THE OTHER END

**Numerous recovered phones just end up in police storage for months**

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Despite police crackdowns recovering hundreds of stolen mobile phones across Bengaluru each year, tracing their rightful owners remains a major challenge, largely as the devices are locked. In a recent case in Mahadevapura, police arrested multiple suspects and seized 93 stolen mobile phones, but could return only 15 so far. Officers say that locked phones hinder identification, as they need to be flashed to retrieve IMEI numbers before tracking owners, often a time-consuming process.

"The recovered phones are locked, so we need to get them flashed to retrieve the IMEI numbers. Once we have these numbers, tracking the phones becomes easier. So far, we have been able to identify the owners of only 15 mobile phones," said a police official. "This process is ongoing, and as we locate more owners, the phones will be handed over to them."

This raises a critical question as to what happens to the rest of the mobile phones. In fact, many cases

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> **"We tracked some stolen phones from Bengaluru to Punjab in a recent case. By the time we located them, they had changed hands multiple times, making recovery difficult**
> —Senior police official

## Pains of beautification

KAUSHIK JN

**Year after installation of statue during development work at junction, officials fail to restore demolished bus stop**

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A statue of Rajiv Gandhi graces the Central Bus Stop near Mantri Mall in Malleswaram where scores wait to board Bengaluru Metropolitan Transport Corporation (BMTC) buses. When authorities took up development work at the junction, however, they demolished a bus shelter and never bothered to restore it. So now, bus passengers are compelled to wait in the open, whether it be rain or shine.

With the heat steadily on the rise, passengers' plight needs urgent attention. The Bruhat Bengaluru Mahanagara Palike (BBMP) took up junction development in 2023 and decided to install a bronze statue of former prime minister late Rajiv Gandhi here, but failed to provide a shelter.

Bangalore Mirror had written on March 29 about the issues of the passengers who wait for buses proceeding towards Malleswaram, Rajajinagar, Yeshwanthpur, Vidyaranyapura and other areas. The BBMP Executive Engineer (Traffic Engineering Cell) had assured us then that they would look into the matter.

BMTC passengers said that they did not have any problem till the BBMP authorities demolished the bus shelter while taking up

CONTINUED ON PAGE 4 »

## THINGS TO DO

### 01 Youth engagement

Join the IME Youth Advisory Board IV for an exclusive conversation with Harish Sivaramakrishnan. Discover his musical journey, creative process, and the fusion of classical Indian influences with contemporary rock. A must-attend event for music enthusiasts and aspiring artists! **Where: Indian Music Experience Museum, PT; When: February 9, 6:00 pm onwards**

### 02 Narrative voice

National Gallery of Modern Art, Bengaluru, invites you to a compelling talk by renowned art historian Prof. R Siva Kumar. Explore the artistic legacy of Abanindranath Tagore, his influence on modern Indian art, and the reclamation of narrative voice in his works. **Where: National Gallery of Modern Art (NGMA); When: February 7, 5:30 pm**

### 03 Valentine's celebration

Spend a romantic evening dining by the pool, surrounded by beautiful greenery and a charming atmosphere.

Enjoy a specially crafted gourmet menu and share unforgettable moments with your loved one on this special occasion. **Where: Poolside, ITC Windsor; When: Feb 14th, 7 PM – 11:30 pm**

### 04 Art workshop

Jain University (Centre for Management Studies), Lalbagh campus, hosts a month-long workshop on clay modelling, traditional art, craft, and modern art to foster creativity and skill development. Experience the fusion of traditional art while supporting students and mentors. **Where: Jain University, Lalbagh Campus When: 7-8 Feb**

### 05 Musical tribute

Experience an electrifying evening of rhythm and melody as the Mahindra Percussion Festival returns to honor the legendary Ustad Zakir Hussain. Featuring world-renowned percussionists, this special edition celebrates his unparalleled contributions to Indian classical percussion and the global music scene. **Where: Indian Institute of World Culture, Basavanagudi; When: Feb 7, 6:00 – 7:30 pm**

# Activists call for inquiry into RGUHS election misconduct

## Serious irregularities alleged in RGUHS Senate elections, citing voter list violations and procedural lapses, with demands for CBI investigation for transparency and fairness

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The letter reported a violation of Statute 5.3, allowing only qualified full-time teachers in electoral roll

Rajiv Gandhi University of Health Sciences (RGUHS) is yet again in the news for the wrong reasons. Activists have demanded the state government to facilitate an impartial investigation by the Central Bureau of Investigation (CBI) into the malpractices that marred the RGUHS Senate Members' election.

The Citizen Rights Foundation, in a letter to the State Chief Secretary, stated that the gravity of the malpractices necessitates an immediate and impartial investigation by the CBI to safeguard the sanctity of the electoral process and uphold the public trust in institutional governance. "It has come to our attention that several candidates, all duly qualified educators, contested under the category of Teachers other than Professors. However, the entire electoral process was tainted by blatant contraventions of statutory provisions, procedural lapses, and overt acts of electoral fraud, thereby depriving bona fide candidates of a fair and equitable opportunity to contest," said the Citizen Rights Foundation Chairman KA Paul in the letter.

The Citizen Rights Foundation claimed that the authorities assigned to prepare the voters' list violated the norms by publishing the list on December 3 and 6, 2024. "A principal concern arises from the violation of Statute 5.5 of the RGUHS Act which unequivocally mandates that any corrections, omissions, or wrongful inclusions to the electoral roll must be finalised prior to the deadline for the receipt of nominations, set on 26 November 2024. In brazen defiance of this statutory directive, supplementary voter lists were unlawfully published on December 3 and 6 2024, subsequent to the closure of nominations. This unauthorised post-deadline inclusion of voters constitutes a fundamental violation of the statutory framework and renders the entire election process vitiated and devoid of legitimacy," the letter read.

> **"Entire electoral process was tainted by blatant contraventions of statutory provisions, procedural lapses** – Letter

The letter reported that there has been a gross violation of Statute 5.3, which stipulates that only full-time teachers possessing requisite qualifications are eligible for inclusion in the electoral roll. "In direct contravention of this provision, community health officers who do not satisfy the prescribed statutory criteria were illegally included in the electoral rolls. Tutors from the nursing category, members approximately 4,715, were illegally classified as eligible voters," the letter stated.

Notably, the Governor and Chancellor Thawarchand Gehlot had directed RGUHS on January 3 to keep the elections to elect members from Senate to Syndicate in abeyance, following the allegations of irregularities in the elections held recently.

It is said that two faculty members complained to the Governor about the integrity of the senate.

Commenting on the malpractices in the election, an assistant professor at Kempegowda College of Nursing said that he lodged a complaint with the Governor against the process of election to the Syndication, which was held against the norms. "We have demanded the removal of illegal voters' names from the voters' list," said the assistant professor.

# Bitcoin scam: Nalapad questioned again

## Nalpad denies receiving money; reaffirming respect for law

The Special Investigation Team (SIT) probing the Bitcoin scam has issued a second notice to Karnataka Youth Congress president Mohammed Haris Nalapad for questioning regarding his alleged links to hacker Srikrishna Ramesh, alias Sriki, the prime accused in the case.

Though Nalapad was summoned to appear before the SIT on Friday, he voluntarily presented himself for questioning on Thursday, citing personal reasons. Deputy Superintendent of Police (DySP) Balaraj interrogated him for two hours regarding a case registered at the Cottonpet police station. Speaking to reporters after the questioning, Nalapad stated, "I appeared today due to personal work. I have not run away, and I have no fear of arrest. The SIT questioned me about my acquaintance with Sriki, whom I was introduced to through my brother. Neither my brother nor I have received any money from Sriki's account. I fully respect the law."

Home Minister G Parameshwara confirmed that Nalapad's questioning is part of the broader investigation. The Congress leader had previously appeared before the SIT on June 12 last year in connection with a ₹1 crore fraud case related to the hacking of the CID's e-procurement website. As the probe into the Bitcoin scam intensifies, the SIT continues to investigate potential links and financial transactions involving key individuals associated with Sriki. **— BMB**

# HC dismisses PIL seeking Lokayukta probe into elected representative's assets

The Karnataka High Court on Thursday dismissed a public interest litigation (PIL) seeking a probe by the Lokayukta into the alleged accumulation of disproportionate assets by MLAs, MPs, and MLCs. The petition was based on a representation submitted by the petitioner in December 2023. A division bench comprising Chief Justice N V Anjaria and Justice M I Arun rejected the petition filed by Gurunath Vadde, stating that the claims made were "too general and too vague" to be considered under PIL jurisdiction.

The petitioner had sought an investigation into the wealth of elected representatives from the State Assembly and Lok Sabha constituencies within Karnataka, arguing that many political leaders had amassed substantial assets far exceeding their declared income. The plea pointed out that several legislators faced pending criminal cases and that the unchecked growth of their wealth could erode public faith in democratic institutions.

However, the court observed that "a general allegation and bald statement will not carry the case of the petitioner further." It emphasised that existing legal provisions and statutory mechanisms were already in place to investigate cases where public representatives or government officials were found to possess wealth disproportionate to their known sources of income. "The court is not inclined to entertain this petition, which stands on general statements. The petition is dismissed as being meritless," the bench concluded. **— BMB**

# Series of thefts rock KP Agrahara: Thieves caught in the act on CCTV

A spate of burglaries rattled residents of KP Agrahara in the early hours of Thursday, with thieves targeting three shops -- a bakery, a medical shop, and a Nandini Parlour—on Cholurpalya Main Road.

According to police, five miscreants arrived on two two-wheelers and carried out the heists in quick succession. They broke open the shutters of a bakery, stealing approximately 5,000, before proceeding to ransack the medical shop for cash. The entire act was captured on CCTV cameras, providing crucial leads for investigators. Fingerprint experts and a dog squad were deployed to the crime scenes as part of the probe.

Police officials suspect the involvement of a single gang behind the coordinated burglaries. A case has been registered, and KP Agrahara police are working to track down the culprits.

## CRIME FILES

### Two labourers killed as fire engulfs under-construction building

A massive fire broke out in an under-construction building at Shivani Greens Layout in Seegehalli on Magadi Road, leading to the death of two labourers.

The incident occurred while construction work was nearing completion, with painting and woodwork in progress. The fire is said to have started around 11 am. It is suspected that a gas cylinder used by the workers for cooking leaked, causing the fire to spread rapidly.

Four labourers were trapped inside the burning structure. While one was rescued from a water tanker by firefighters and Madanaykanahalli police, two others who were trapped on the second floor, and could not escape in time and another worker escaped by jumping off a coconut tree. One of the deceased has been identified as Uday, while the identity of the other remains unknown due to severe burns. Their bodies have been shifted to Nelamangala Government Hospital for further procedures.

The building, owned by Satish, who hails from Mandya, was in its final construction stages. Firefighters managed to bring the blaze under control, but by then, significant damage had been done. Authorities are investigating the exact cause of the fire.

### Man assaults friend for showing 'interest' in wife

The Talaghattapura police have arrested a man for allegedly assaulting his friend under the influence of alcohol after suspecting him of showing undue interest in his wife.

The accused, identified as Arjun, attacked his friend Kiran near Ganigarapalya Circle on the night of February 4. Kiran, who sustained serious injuries to his neck, is currently undergoing treatment at a private hospital. The incident occurred around 9.30 pm on February 4, with police stating that Arjun had premeditated the attack as a warning to Kiran.

According to police, both men had been friends for the past year. Kiran, a fabrication worker, frequently visited Arjun's house. During these visits, Kiran allegedly tried to contact Arjun's wife and repeatedly sent her calls and WhatsApp messages. Upon discovering this, Arjun grew furious and planned to confront Kiran. On February 4, Arjun took Kiran to a bar, where they drank heavily. After leaving the establishment, Arjun attacked Kiran near Ganigara Circle before fleeing the scene. Locals assisted the injured Kiran and took him to a hospital for treatment.

Following a complaint lodged by Kiran's brother, the police launched an investigation and arrested Arjun. Further interrogation is underway, officials confirmed. **BMB**

## Rowdy booked under Goonda Act

The Govindapura Police have detained a habitual criminal under the stringent Karnataka Goonda Act. Mohammad Akram, also known as Akram or Akkuba, 35, has been linked to multiple serious crimes since 2011, including attempted murder, assault, extortion, robbery, and theft.

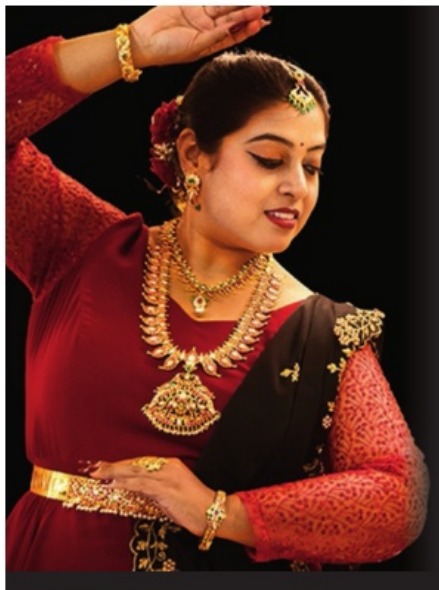
With 21 cases registered against him, Akram had repeatedly secured bail but failed to attend court proceedings, leading to six pending non-bailable warrants and his declaration as a proclaimed offender in two cases. Despite legal action, he continued his criminal activities, prompting the authorities to take stricter measures. Following a proposal by the Govindapura Police, the ACP, KG Halli, and the Deputy Commissioner of Police (DCP), East Division, recommended his detention. The Police Commissioner approved it on Wednesday, directing that Akram be lodged at Kalaburagi Central Jail under the Goonda Act. **BMB**

## Loan drives labourer to suicide

A 26-year-old labourer died by suicide after allegedly being forced to repay a loan that he had been unable to get the money for on Tuesday in Chikkaballapura.

The incident took place in Bichagarahalli under the Gudibande police station limits. According to the police, the deceased identified as Girish had taken a loan of Rs 13 lakh from a private finance company with intentions to buy a tractor, rent it and earn money but due to loss in the business, he could not repay the loan due to which his tractor was also seized. Due to this and after allegedly being forced to repay the loan, he took this extreme step, said the police. **BMB**

Advertorial



# Embark on a divine experience through the elegance of Kathak

**Joann's Performing Arts Company in collaboration with C Krishniah Chetty Group of Jewellers presents 'EKAM, Universal Love', - at Chowdiah Memorial Hall on Saturday, 8th Feb, at 6.30 pm**

The Company's Annual Kathak Production is a grand event that serves to exhibit the talent and repertoire of Joann's Performing Arts Company. Envisioned by its Founder and Artistic Director Joann Rasquinha, it features the students and faculty from the dance school, an organization of artists dedicated to the promotion and preservation of the rich Indian Classical Dance Heritage of Kathak.

A winner of many prestigious awards, Joann, began her journey in dance and stagecraft very early in life and is today an acclaimed artist and performer, choreographer and a dedicated guru. Joann's vision is to impart, inspire and enrich every dancer in the art of traditional Kathak, through a well-rounded & holistic education. She works with the purpose of teaching her students not only to perform on stage and beyond, but more importantly to emerge as strong and confident beings, performing better in life. Her mission is to empower an individual through the window of dance and create opportunities for growth to enhance themselves.

This year's Annual Production of the Company- EKAM, spotlights the concept of Universal Love and the message that the Divine doesn't exist outside, in some unattainable place, but lives right within us: 'Aham Bramhasmi-Aham Prema' - I am the Divine, I am Love!

EKAM highlights the Joy and Spirit of pure Kathak. Graceful dancers will weave the tapestry of their movements through vibrant footwork, intricate patterns and breathtaking pirouettes in response to soulful melodies & strong rhythmic passages - a rare opportunity to relish Indian Classical Dance, live, and from close quarters!

Says Joann Rasquinha: "Learning an Indian Classical dance form allows us to connect with our rich tradition, culture and heritage and also acts as a bridge to connect with others. We are so happy to be associated with a historically and culturally rich organisation as C. Krishniah Chetty Group of Jewellers.

Says C. Vinod Hayagriv, Managing Director & Director of C. Krishniah Chetty: "We are glad to support Joann and her talented dancers as they put up this Production to recreate magic on stage with Kathak. Bengaluru deserves more such Productions".

Don't Miss the magic of EKAM! Book your tickets now on BookMyShow.com for an artistic evening that will remain with you as a compelling memory.

**For more details, contact Joann's Performing Arts Company: 9845514105**

# BBMP's tree care plans open for public feedback

## Palike seeks input on its tree management and planting manuals, with experts urging PPP model and ward-level Hasiru Mitras for better urban greening

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Bruhat Bengaluru Mahanagara Palike (BBMP) has called for a public consultation meeting on February 11 to discuss a set of manuals developed by the civic agency for the management and plantation of trees in the city.

According to the officials from BBMP's Forest Department, the public consultation session will be focused on the analysis of two manuals, 'The Bengaluru Urban Tree Management Manual 2024' and 'Tree Planting Manual 2024'.

The suggestions made will be incorporated in the documents before seeking approval by the Chief Commissioner. While the Tree Management Manual outlines a course of action for urban forest management and has been developed to ensure regular monitoring and maintenance to protect tree health and public safety, the Tree Planting Manual provides a framework for tree planting in urban and peri-urban areas.

Apart from general specifications for planting saplings, it also highlights alternative ways to accomplish the required canopy cover in the city such as by promoting rooftop gardens, vertical gardens, climbers on the hedges/fences/ropes to the rooftops, shrubs, and flowering plants inside the campus, etc.

Manual suggests alternatives to planting saplings, including rooftop gardens, vertical gardens, climbers, and shrubs for canopy cover

"The manual details general specifications for planting apart from some distinct framework on the plantation process. It talks about Indigenous tree species, the size of seedlings, the advantage of slow-growing and long-lasting tree species, the importance of planting a combination of species with no single species exceeding 5% of the total planting stock, the distance between the adjoining saplings, the distance between a tree and the nearest wall or building foundation, etc. The manual also provides a list of species as an appendix that should be used for plantation activity. Moreover, it underlines that no exotic tree or plant species can be introduced without the permission of the Tree Authority," said an official.

City-based experts, however, advocate a structured and sustainable approach to tree protection through a PPP (Public-Private Partnership) model is essential for long-term impact when forest departments are short-staffed. While the manual provides necessary guidelines, effective implementation requires active participation from corporations, citizens, and the government.

> **"Manual details specifications for planting apart from some distinct framework on the plantation process**
> – Official

"Establishing ward-level Hasiru Mitras, similar to Kere Mitras, would create a decentralised and community-driven monitoring system to safeguard trees from damage and deterioration. Empowering these teams to support trees during extreme weather conditions will significantly improve urban tree health. Given the scale of the challenge, the Forest Department alone cannot manage this effort. A zone-wise Hasiru Mitra network can play a crucial role in ensuring tree upkeep and health, ultimately contributing to a greener and more sustainable future," said Vinod Jacob, Namma Bengaluru Foundation.

# Rain or shine, bus passengers have no shelter

CONTINUED FROM PAGE 1

junction development work. They blamed the BBMP for not constructing a shelter even a year after installing a brand new statue of late Rajiv Gandhi. "We are not against decorating or improving the junction. What we expect from the BBMP authorities or the local MLA is to construct a bus shelter to facilitate us waiting here for BMTC buses without any hassles," said Panner Selvam, a BMTC passenger.

Coming down heavily on the elected representative and those responsible for demolishing the bus shelter while developing the junction, Purushotham S, a BMTC passenger, said the BBMP, especially its engineers, vie among themselves to please the elected representative. "It is a shame on the BBMP for not taking measures to construct a bus shelter for the benefit of hundreds of BMTC passengers. It seems the BBMP has funds to develop junctions and install statues but the civic body has no time or funds to construct a bus shelter," he said.

Demanding that the authorities construct the bus shelter without any delay, Vinay Srinivasa, a member of Bengaluru Bus Prayanikara Vedike, said he is surprised to know the plight of BMTC passengers in a Assembly constituency represented by Health and Family Welfare Minister Dinesh Gundu Rao. "The temperature is rising in Bengaluru. What will be the fate of people who wait under the sun for 20 or 30 minutes to board a bus? If the plight of the bus passengers is any indication, it seems the state government is interested in the welfare of people who can afford to buy vehicles. Authorities must construct a bus shelter without any delay," said Srinivasa.

> **Sources say MLA has shortlisted designs for proposed bus shelter and work will begin soon**

KAUSHIK JN

According to sources privy to the bus shelter issue, State Health and Family Welfare Minister Dinesh Gundu Rao, who is representing Gandhinagar in the State Assembly, has directed the BBMP authorities to construct a bus shelter in an aesthetic manner. "Our MLA has shortlisted three designs for the proposed bus shelter. The work will begin shortly," the source said.

BBMP Executive Engineer (Traffic Engineering Cell) said the bus shelter will be constructed under the MLA Local Area Development Scheme. Minister Gundu Rao was not available for comment.

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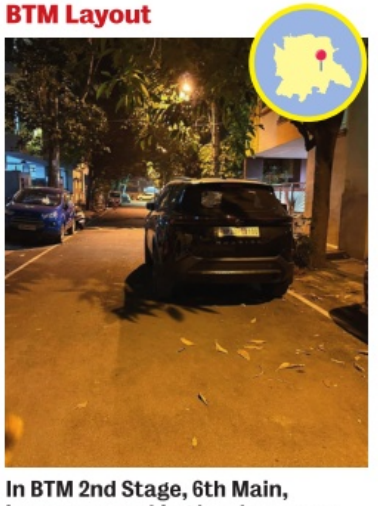
### Road blockage
**Horamavu**

**In Horamavu's 1st Cross, Water Tank Road (Ward 25), residents are struggling with encroached roads. After BWSSB completed its work, the cement road was left damaged, and the BBMP has yet to repair or restore it. Stones and debris block the area, causing inconvenience to motorists and pedestrians alike.**

### Metro disruption
**Hennur**

**On the Hennur side, heading towards Hebbal, a peepal tree growing near the flyover close to the upcoming metro station near Elements Mall has become a cause for concern. The tree is growing larger and may obstruct the metro station's construction or operations.**

### Illegal parking
**BTM Layout**



**In BTM 2nd Stage, 6th Main, improper parking has become a nuisance, with vehicles often parked in the middle of the street, obstructing movement and causing traffic disruptions.**

# Kennel or jail? Activists question plan

## Vidhana Soudha campus' strays neutered, vaccinated, say animal lovers as BBMP plans to put them in 'semi-enclosed' space

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The decision to build a kennel for street dogs on the Vidhana Soudha campus has not gone down well with animal welfare workers in the city. They say the recommendation to create an enclosure for street dogs is not in line with rules and laws governing animal welfare in the country.

"The dogs are responsibly fed and managed by communities in place for many years. They also ensure that the dogs in the area are vaccinated and neutered or spayed so the dog population is in check and the animals are peacefully coexisting. Most of the street dogs are residents of the administrative complex campus and share a loving bond with the staff in the complex. So no extra intervention is required," said Harini Raghavan, Citizens for Animal Birth Control.

BBMP officials say the 'shelter' will not restrict movement of the dogs. The facility on the campus will be closed from three sides but will be open from one side. The only change is that dogs will not be allowed to roam free inside the campus.

"They will be kept inside a semi-enclosed space. If they enter the main campus, they will be caught with the help of a net and brought back to the enclosure where they will be fed and taken care of by an agency. Over time, they will learn that the structure is a place where they get food," said Suralkar Vikas Kishore, Special Commissioner of BBMP's Health and Animal Husbandry Department.

### Guidelines already in place

Experts say rules and guidelines around animal welfare have been drafted by the country's apex court, prohibiting relocation of community animals unless they are terminally ill or incapacitated. Vidhana Soudha should uphold the laws of the land so that civilians follow suit.

> **"Restricting community animals from using space that has been their home is against the spirit of ABC Rule and amounts to relocation** –Animal activist

Notably, the decision to create separate spaces for street dogs was taken during a meeting conducted on Tuesday and chaired by Legislative Assembly Speaker UT Khader and Legislative Council Chairman Basavaraj Horatti. Khader said that the move is essential to control the number of street dogs in and around the complex.

According to Nandita Subba Rao, a civic activist in the city, sterilised dogs settle in a place and act as a barrier against new dogs. If the existing dogs are moved away, there would be no resistance and more dogs will move in the area.

"With the existing dogs being already neutered, new dogs will come in search of food. How many dogs will we keep putting into enclosures? Moreover, currently, volunteers are bearing the cost of feeding the dogs in that area. Now, the government will have to create an enclosure, maintain the place, and feed dogs regularly," said Rao.

Moreover, if created at Vidhana Soudha, people and resident welfare associations in the city would try to strike a similar deal. Instead of an arrangement that amounts to cruelty and is against the Supreme Court's Animal Birth Control Rule, it is important to carry out ABC on a war footing, say animal welfare workers.

"Restricting community animals from using space that has been their home is against the spirit of ABC Rule and amounts to relocation. All government departments should rather ensure that every dog in and around Vidhana Soudha is sterilised. Excluding airports and hospitals, such solutions should not be brought to practice. BBMP should conduct awareness sessions for security personnel on the campus to manage community animals rather than removing them from their home," said an animal welfare worker.

Advertorial Promotional Feature

# BM Food & Night Life

# How to use cardomom to spice up your plate

One of the most aromatic and versatile spices, cardamom has the ability to elevate even the most boring dishes to exotic heights. This star ingredient is such an integral part of Indian cuisine, especially in our sweets and desserts. If it makes a subtle appearance in the little round gulab jamun, it practically takes centre stage in the sticky sweet flakes of the soan papdi. Why should it end there, though? Why not use cardamom to add a desi twist and excitement to international dishes as well? Here are some innovative ways to use our very own elaichi in a variety of Western dishes.

### Add cardamom to soups and stocks

Just a pinch of cardamom powder can take things up a notch on a depressing evening when you find yourself nursing a cold. Sprinkle some over your bowl of creamy potato and spinach soup, or add a dash to that huge pot of vegetable stock that has been boiling on the stove. Then stir, sniff, and breathe in that wonderful aroma before you dig in. Guaranteed mood elevator, right?

### Add cardamom to grilled foods

Throw some cardamom powder into your marinades while you're prepping meats or veggies for the grill. You can combine it with a touch of cinnamon, cloves, and black pepper for that lovely 'garam masala' effect. Cardamom makes a great addition to dry rubs as well, especially when you're grilling and roasting meats.

### Add cardamom to smoothies

Cardamom is a star ingredient in our desi thandai, so why not apply the same principle to smoothies and milkshakes as well? After all, milk and cardamom go so well together. Put a pinch of this lovely aromatic spice into your blender when you're making your breakfast smoothies or milkshakes for the kids. If you're lactose intolerant, add cardamom powder to your almond, coconut or hazelnut milk-based smoothies and shakes. And coffee lovers – next time, try skipping the cinnamon and shake some elaichi powder into your mug instead. Trust us, you will be delighted!

### Add cardamom to chocolate

If you think cinnamon and chocolate were made for each other, wait until you pair your favourite sweet indulgence with cardamom! The rich, dark flavour of chocolate blends so beautifully with the intense and smoky sweetness of cardamom that you will never want to add another spice to your cocoa-based desserts.

### Add cardamom to cakes and ice-cream

Why should chocolate have all the fun? Introduce your new spice bestie to those sinful cakes and ice-creams that you're famous for whipping up as well. Whether you're making a layered mango mousse cake with whipped cream, or a smooth, creamy fig and apricot ice-cream, add a few dashes of cardamom powder to take your desserts to another level altogether. —Femina

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# Traffic fix? BBMP proposes 16 flyovers, underpasses

## Palike's ₹13,140 crore traffic plan includes tunnel roads, double-decker metro routes, and elevated corridors; feasibility study is completed and tenders are invited

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The Bruhat Bengaluru Mahanagara Palike (BBMP) has proposed the construction of 16 flyovers and underpasses at an estimated cost of 13,140 crore. An official said that Bengaluru ranks among the most congested cities in Asia, with an average travel time of 28 minutes and 10 seconds for every 10 km. During peak hours, vehicles move at an average speed of just 10 kmph, forcing commuters to spend a significant portion of their day on the roads. Despite the expansion of metro networks, construction of underpasses, and flyovers, traffic congestion remains a persistent problem. The growing number of vehicles is worsening the situation, with the total vehicle count in the city surpassing one crore and around 1,600 new registrations being recorded daily. "To streamline traffic flow, BBMP has devised the 'Bengaluru Comprehensive Traffic Management Plan.' The plan includes constructing tunnel roads on key corridors, introducing double-decker metro routes, and building flyovers and underpasses on high-traffic routes. A feasibility study for these projects has already been completed. A New Delhi-based company has prepared the feasibility report and submitted it to BBMP in December last year. Following this, the civic body has invited tenders for the preparation of a Detailed Project Report (DPR) for the construction of the proposed flyovers and underpasses."

"To streamline traffic flow, BBMP has devised the 'Bengaluru Comprehensive Traffic Management Plan'"

### Proposed flyovers and underpasses

- Split flyover at MEI Junction (0.5 km)
- Yeshwanthpur-Mathikere Cross-IISc-Mehkri Circle-Jayamahal-St John's Church Road-Halasuru Lake-Old Madras Road-KR Puram (27 km)
- Integrated elevated corridor from Hudson Circle to Minerva Circle via Minerva Circle, Bharat Talkies, Shivaji Talkies, Town Hall, LIC, Halasuru Police Station, Hudson Circle, and Cubbon Park (2.7 km)
- Flyover from Konanakunte Cross to Banashankari (0.9 km)
- Flyover at Raghuvanahalli, Kanakapura Main Road (0.8 km )
- Flyover extension from Anand Rao Circle to KR Circle (1.7 km)
- Underpass extension at Madiwala Traffic Police Junction (0.5 km)
- Flyover along Hosur Road from Shoolay Circle-Vellara Junction-Anepalya Junction-Adugodi Junction-Forum Junction-St. John's Church Junction-Madiwala Junction-Silk Board Junction (7.4 km)
- Flyover from Sirsi Circle to Nayandahalli (3.5 km)
- Elevated corridor along Old Airport Road from Swami Vivekananda Metro Station via Indiranagar, Domlur, Madiwala to Silk Board (10 km)
- Elevated corridor from Nagawara Junction-Ramakrishna Hegde Nagar Junction-Sampigehalli-Thirumenahalli-Bellahalli Junction-Bagalur Main Road (15 km)
- Elevated corridor along Marenahalli Main Road from Ragigudda 7th Main Junction to Talaghattapura NICE Road on Kanakapura Main Road (10.5 km)
- Elevated corridor from ORR to Hennur Main Road, Bagalur Junction (15 km)
- Flyover along Tannery Road-Madhava Mudaliar Road-Nagawara Junction (5.5 km)
- Elevated corridor from Yelahanka New Town to Kempegowda International Airport Road (4 km)
- Elevated corridor from West of Chord Road to ORRoad (4.5 km)
- Double-decker flyover along Hosahalli to Kadabagere Cross Metro Route (13 km)

# Workers unite, to walk for their rights

Iffath Fathima
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The All-India Shramik Samman Yatra, an initiative aimed at improving the lives of informal workers began their journey from Bengaluru on Wednesday. Led by the Working People's Coalition (WPC), the Yatra will travel through multiple states, mobilising workers and pushing for policy changes to ensure their rights to a safe and dignified life.

The campaign aims to reach over 90% of India's informal workforce, which includes street vendors, construction workers, domestic helpers, gig and platform workers, agricultural labourers, fisherfolk, sex workers, waste pickers, and transport workers. The initiative seeks to unite trade unions, policymakers, civil society groups, and businesses to find long-term solutions for these issues.

Over the next few days, the Yatra will cover Chitradurga, Davanagere, Ilkal, and Jewargi, and conclude in Kalaburagi on February 8. As part of the initiative, the organisers plan to hold discussions with workers, to address their grievances and create awareness about their rights.

According to NP Samy, WPC State Convenor, the movement has put forward ten key demands to improve the lives of informal workers. "These include the right to decent and secure work, the abolition of contract labour in permanent jobs, and stronger workplace safety standards to prevent accidents. The coalition is also demanding a Shramik Samman Nidhi, a financial support scheme of Rs 5000 per month for all informal workers, starting with those registered on the e-Shram portal," he said. He added that they also call for extending Employees' State Insurance (ESI) and Provident Fund (EPF) benefits to all workers, including self-employed individuals.

# Aero India 2025 dress rehearsals begin at Yelahanka

## Aero India begins on Feb 10 with Surya Kiran's aerobatics; traffic curbs till Feb 14

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Aero India is set to begin on February 10, and dress rehearsals kicked off on Thursday at the Yelahanka Air Base. Aircraft soared through the skies, performing breathtaking acrobatics as part of their practice. From February 10 to 14, the skies over Bengaluru will come alive with the prestigious Surya Kiran Aerobatic Team (SKAT) delivering a spectacular air show, guaranteed to leave spectators in awe.

Known as the "Ambassadors of the IAF," the Surya Kiran Aerobatic Team is renowned for its precision, skill, and teamwork. Flying the striking red-and-white Hawk Mk-132 jets, the team will showcase an impressive range of manoeuvres, including graceful loops, thrilling barrel rolls, gravity-defying inverted flying, and the crowd-favourite DNA manoeuvre. Each performance highlights the pilots' unmatched expertise and coordination.

An official noted, "SKAT was formed in 1996 and is Asia's only nine-aircraft aerobatic team, placing it among the world's elite. The team has performed over 700 displays across India and has represented the IAF at international air shows in countries such as China, Sri Lanka, Myanmar, Thailand, Singapore, and the UAE."

The Surya Kiran team consists of nine Hawk Mk-132 aircraft, manufactured in India, flying in extreme proximity less than five meters apart. The team includes 14 highly skilled pilots who undergo rigorous training to master complex aerobatic manoeuvres, where flawless coordination is crucial to their close-formation flying. "A recent enhancement to the team's

displays is the integration of smoke pods with the Hawk Mk-132 aircraft. These pods, developed in India by the IAF, produce coloured smoke, enabling the team to paint the sky in the three colours of the national flag during their performances," the official added.

### Trivia

Did you know? Aero India's legacy dates back to World War II. Between 1941 and 1945, Italian prisoners of war built the Yelahanka, Jakkur, and Jalahalli airfields, laying the foundation for Bengaluru's aviation dominance.

### Traffic advisory

Traffic arrangements for Aero India 2025 will be in effect from 5:00 am on February 10 until 10:00 pm on February 14.

### One-way notified roads

Nitte Meenakshi College Road: Traffic will flow from east to west.
Bagalur Main Road: Traffic will flow from west to east.

### Aero India parking

Visitors can park for free at the GKVK Campus, with free BMTC AC shuttle buses running between the GKVK parking area and the Air Display Viewing Area, Domestic Area.

### Paid parking:

ADVA parking: Entry via Gate no 8 and 9.
Domestic area parking: Entry via Gate no 5.

### Traffic restrictions

Traffic restrictions will be in place on Bengaluru-Bellary Road, where all trucks, private buses, and heavy goods vehicles will be prohibited from travelling between Mekhri Circle and MVIT Cross.

### Alternative routes to Kempegowda International Airport (KIAL)

From East Bengaluru: Travel via K.R. Puram, Hennur Cross, Kothanur, Gubbi Cross, Kannur, and then towards KIAL.

Alternatively, take the Mylanahalli Begur back gate to reach the airport.

From West Bengaluru: Travel via Goraguntepalya, BEL Circle, Gangamma Circle, MS Palya Circle, Mother Dairy Junction, Unnikrishnan Junction (left turn), Doddaballapur Road Cross to KIAL.

**HEALTH TIP:** At parties, moderation is key; instead of piling everything onto your plate, try a few small portions

Dark chocolates are considered to have several health benefits like anti diabetic, anti-inflammatory and cardiac friendly food

BangaloreMirror | 7
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# What is callisthenics?

## How does it compare to running or lifting weights?

Callisthenics is a type of training where you do bodyweight exercises to build strength. It's versatile, low cost, and easy to start.

**Classic callisthenics moves include:**

- push ups
- bodyweight squats
- chin ups
- burpees
- lunges using only your bodyweight.

Advanced callisthenics includes movements like muscle-ups (where you pull yourself above a bar) and flagpole holds (where you hold yourself perpendicular to a pole).

In callisthenics, you often do a lot of repetitions (or "reps") of these sorts of moves, which is what can make it a hybrid strength and cardio workout. In the gym, by contrast, many people take the approach of "lifting heavy" but doing fewer reps to build serious strength.

Traditionally, callisthenics was more of a muscle sculpting, strength-based work out. It is reportedly based on techniques used by ancient Greek soldiers.

The Oxford Dictionary says the term callisthenics – which is said to be based on the Greek word kállos (meaning beauty) and sthenos (meaning strength) – first started showing up in popular discourse in the early 1800s.

Callisthenics is often associated with high intensity interval training (HIIT) routines, where jumping, skipping or burpees are combined with bodyweight strength-building exercises such as push ups and bodyweight squats (often for many reps).

Callisthenics exercises draw on your natural movement; when children climb on monkey bars and jump between pieces of play equipment, they're basically doing callisthenics.

### What are the benefits of callisthenics?

It all depends on how you do callisthenics; what you put in will dictate what you get out.

When exercise programs combine resistance training (such as lifting weights or doing bodyweight exercises) and aerobic exercise, the result is better health and a reduced likelihood of death from a variety of different causes.

Callisthenics provide a low cost, time efficient way of exercising this way.

With improvements in body composition, muscular strength, and posture, it's easy to see why it's become a popular way to train.

Research has also shown callisthenics is better at reducing body fat and controlling blood sugar for people with diabetes when compared to pilates.

Research has also shown doing callisthenics can reduce body fat and increase lean muscle mass in soccer players, although this research does not compare the benefits between different exercise program types.

That means we don't know if callisthenics is better than other traditional forms of exercise – just that it does more than nothing.

### What are the potential drawbacks?

With callisthenics, it can be hard to progress past a certain point. If your goal is to get really big muscles, it may be hard to get there with callisthenics alone. It would likely be simpler for most people to gain muscle in a gym using traditional methods such as machine and free weights with a combination of various sets and reps.

If you want to progress in the gym, you can increase your dumbbells by small increments, such as 1kg. In callisthenics, however, you may find the jump from one exercise to the next too big to achieve. You risk a plateau in your training without some challenging work-arounds.

Another advantage of traditional strength training with bands, machines, or free weights is that it also increases flexibility and range of motion.

However, 2023 research found "no significant range of motion improvement with resistance training using only body mass".

So, given its focus on bodyweight exercises, it seems unlikely callisthenics alone would significantly improve your flexibility and range of motion.

Unfortunately, there is no long-term research examining the benefits of callisthenics in direct comparison to traditional aerobic training or resistance training.

### Is callisthenics for me?

Well, that depends on your goal.

If you want to get really strong, lift heavy.

If you want to increase your muscle mass, try lifting near to the point of "failure".

That means lifting a weight to the point where you feel that you are close to fatigue, or close to the point that you may need to stop. The key here is that you don't have to get to the point of failure to achieve muscle growth – but you do have to put in sufficient effort.

If you want to get lean, focus first on nutrition, and then understand that either cardio, lifting or both can help.

What if you're time poor, or don't have a gym membership? Well, callisthenics exercises offer some of the cardio benefits of a run, and some of the muscular benefits of a lifting session, all tied up in one neat package.

It can be a great holiday workout at a local park or playground, on public outdoor exercise equipment, or even on the deck of a holiday rental.

But, as with all exercise, there are potential benefits and limitations of callisthenics.

Callisthenics has its place, but, for most, it's likely best used as just one part of a well-rounded training routine.

*(By Mandy Hagstrom, UNSW Sydney, Justin Keogh, Bond University, The Conversation)*

## All you need to know about...

*Air pollution*

**Big risks**

Short-term exposure to air pollution can cloud one's judgment, affecting emotional intelligence and focus and potentially making routine activities more challenging, according to a new study.

**Cognitive hit**

Researchers, including those from the University of Birmingham, UK, compared the performance of 26 adults divided into two groups -- one exposed to high levels of air pollution, using candle smoke, and the other to clean air.

The team found that brief exposure to high levels of particulate matter (PM) pollution could affect the participants' higher-order cognitive functions, including self-control and sustained attention, which are critical for work and other aspects of life.

**Neurological disease link**

Air pollution has been studied as a major risk factor for neurological diseases, including Alzheimer's and dementia, where cognition and memory are affected.

**Not just long-term exposure**

Long-term exposure to PM2.5 pollution has also been linked with poor learning and memory among children.

However, the study, published in the journal Nature Communications, showed that "even short-term exposure to particulate matter can have immediate negative effects on brain functions essential for daily activities, such as doing the weekly supermarket shop," co-author Thomas Faherty from the University of Birmingham said.

For the study, the cognitive abilities of the participants, including attention and emotion recognition, were tested before exposure to polluted air and four hours after.

"Results showed significant reductions in selective attention and emotion expression discrimination after enhanced PM (particulate matter) exposure versus clean air exposure," the authors wrote.

Working memory, which serves as a 'temporary workspace' for storing and manipulating just-learned information, was also measured and found to be unaffected. —PTI

# Stolen phones recovered, but never returned

CONTINUED FROM PAGE 1

of phone theft go unreported because victims are unaware of the process, discouraged by the system, or redirected to online complaint portals with little to no follow-ups.

## Unreported thefts

A large number of phone theft victims never report their loss, either due to the hassle of filing complaints or the perception that stolen phones are rarely recovered. Even when victims attempt to report the crime, they are often directed to file an online complaint via the Central Equipment Identity Register (CEIR) or e-lost report portals, with little assurance of active police tracking.

According to a senior police official, mobile theft is becoming an inter-state issue, making it even harder to trace lost devices. "We tracked some stolen phones from Bengaluru to Punjab in a recent case. By the time we located them, they had changed hands multiple times, making recovery difficult," she said.

## Data gap in recovery

Despite periodic seizures of stolen phones, the data on actual recoveries remains scarce. Many stolen devices change ownership quickly, passing through three to four individuals before landing in another state, making it nearly impossible to match

them with their original owners.

A police officer said how numerous recovered phones remain in police storage for months. "If complainants do not actively pursue their case or provide accurate documentation, it becomes difficult to match recovered devices with their owners," he stated.

## Challenges

Even when police successfully retrieve stolen devices, getting them back to their owners is another challenge. Victims often fail to provide proper documentation at the time of filing complaints, making IMEI tracking less effective. In other cases, complainants do not follow up after submitting an online report, assuming police will contact them if their device is found.

"We try to reach out to owners through the IMEI database, but if they change their numbers or fail to check updates, reconnecting the recovered phone to its rightful owner becomes complicated," another officer noted.

The issue underscores the need for a more efficient system to report and track stolen mobile phones. Raising awareness among victims about the importance of filing timely complaints with accurate IMEI numbers, coupled with proactive efforts from law enforcement, could help close the gap. For now, while police continue to dismantle mobile theft networks, many recovered devices remain stuck in bureaucratic limbo—found, but never truly returned. Educating citizens on safeguarding their IMEI numbers and reporting theft promptly is essential.

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**I,** Raj Kumari Mandal M/o No 14876645N Hav Jayanta Mandal resi Malda (WB) have changed my name to Rajkumari Mandal before notary pub KV Mani, Bangalore

### CHANGE OF NAME

I, Sabahat Batul Alias Khusnuma D/o Thanveer Pasha, aged about 26 years, residing at No. 3809, M.C. Road, Tanveer Complex, Narasimha Theertha, Mulbagal taluk, Kolar district, Karnataka- 563131. Am Changing my name from Sabahath Batool Alias Khushnuma to **SABAHAT BATUL Alias KHUSNUMA** for the all purposes. Same as sworn before Manjunatha, Advocate & Notary, Mulbagal on 06/02/2025

**I,** NIKITA D/o. Srinath Girinath Rao, residing at No. 58, Nanjundeshwara Layout, 15th Main, 5th Phase, J.P Nagar, Bangalore-560078, have changed my name to NIKITA SRINATH, vide affidavit dated 05.02.2025, sworn before notary Aravind Patil G.G, Bangalore.

**I** Shreya Deshpande D/o Hari Deshpande residing at #4062, Sri Saikrupa Enclave, Flat F103, 35th Cross, Near Dharmagiri Manjunatha Temple, Banashankari 2nd Stage, Bengaluru-560070, have changed my name to Shreya H Deshpande for all purposes.

**I,** YASHODA CHAURASIA, Residing at No 463, 12th Main Road, 17th Cross, J P Nagar 5th Phase, Bangalore-560078, Have changed my name to YASHODA SHAKTI TRIPATHI, vide affidavit dated 6/2/2025 sworn before Notary Aravind Patil G.G Bangalore

**I** Srivathsan S/O, Parthasarathy N R/o #201, An Comforts, Phase 2 Block A , Gubbalala Main Road, Gubbalala, Bangalore-560061 have changed my name to Srivathsan Parthasarathy.

**I** Manjunatha A N S/O, Nagaraj M R/o #91, 2nd Cross , Reliable Residency Layout 3rd Phase, Haralur Road, Bengaluru 560102 have changed my name to Manjunath A N.

### LOST & FOUND

**MOTHER** Deed Document lost report no: 1445861/2025 for GB, Farah fort Apartment, Bangalore 560046. If found, contact current owner 9660159451

**I,** Sanjit Lungeli, have lost 10th SEBA & 12th AHSEC Marksheet and pass certificate, Roll no 3180918 and 047820047 respectively. Contact 6000269395.

GET NOTICED

**# De Niro in crime thriller**
Hollywood legend Robert De Niro has been signed for 'The Whisper Man'. The film is an adaptation of Alex North's crime thriller novel

SANDALWOOD SHOTS
Y MAHESWARA REDDY

## Time loop

Director Lohith H known for movies Mummy Save Me and Devaki is elated about having music director B Ajaneesh Loknath on board for the movie Rakshasa that is scheduled to release during the last week of this month. Shivarajkumar played the lead in a 2005 movie with a similar title.

Prajwal Devaraj and Sonal Monteiro are the lead pair in the latest movie. "I am very happy to have music director Ajaneesh Loknath for this movie. The movie has two songs. I think Rakshasa is the first time loop movie with a horror element," said Lohith.

The director said the re-recording is in progress. "We have decided to release the movie during Shivaratri. The other added attraction of the movie is the heroine Sonal Menteiro. I watched her performance in the Kannada movie Banaras," the director said. He said a major portion of shooting was held at Ramoji Film City.

## About govt schools

The muhurat function of Kannada movie Shaale was held at Dr Leelavathi Memorial, Soladevanahalli on January 31. Vinod Rajkumar sounded the clapboard and wished good luck to the cast and crew. It is a children's movie. "I wish the Shaale team complete the shooting and release it at theaters as early as possible," said Rajkumar.

The movie is bankrolled by Nagushree SN under the Sri Kannadambe Movies banner. Manjunath BR debuts as a director in Sandalwood with this movie.

"I have been associated with Sandalwood for 12 years. I also made music albums," said director Manjunath.

The director said the media reports on the pathetic condition of government schools in rural as well as in urban areas motivated him to write the script. "Many government schools are being closed due to various reasons. Shaale throws some light on the plight of poor and middle-class families to send their children to private schools," the director said.

He said the movie revolves around three students who strive to get government schools reopened.

# When Vicky met Katrina

### First meeting that led to lasting link was scripted stage performance

Vicky Kaushal and Katrina Kaif kept their relationship private until their grand wedding in 2021. Fans were curious about their love story, and after their wedding, Karan Johar shared that they first met at a party at Zoya Akhtar's house. Vicky has now shared more about their first official meeting.

In 2019, Vicky danced on stage with Katrina Kaif at an award show, alongside co-host Kartik Aaryan. Reflecting on that moment, Vicky shared with Pinkvilla that it was their first time meeting and interacting. While the stage performance was scripted and guided by the crew, they formally introduced themselves backstage, and little did they know it would lead to a lasting connection. When asked if he was nervous, Vicky smiled and said he wasn't.

He found Katrina to be incredibly sweet, admitting he didn't expect her to know him. After their dance, Katrina asked Vicky to say his famous dialogue from Uri: The Surgical Strike, making him blush when she playfully responded with "High, sir!" The rest, as they say, is history.Meanwhile, Vicky is currently promoting his upcoming film Chhaava, co-starring Rashmika Mandanna and Akshaye Khanna. Directed by Laxman Utekar, the film is set to release in theatres on Valentine's Day, February 14. **—ETimes**

# Entertainer that will keep audiences hooked

Producer Manjunath Dasegowda (inset pic) is bullish about his fourth movie Unlock Raghava that is scheduled for release on February 7. Dasegowda had come to Sandalwood to become an actor and he has also acted in a few Kannada movies. He has also bankrolled the movies Udhgarsha, Weekend, and Man of the Match. The movie Unlock Raghava is produced by him under the Mayura Motion Pictures in association with Girish Kumar of AiPlex banner. The movie is directed by Deepak Maduvanahalli.

Producer Dasegowda told BM the movie Unlock Raghava has all the ingredients needed to provide entertainment for the audiences. "The movie has turned out well and I am very happy. This movie is not made to convey a message to society but to provide entertainment for the audiences, including children and youth. We are approaching the audiences with self-assurance as the movie has the potential to keep them glued to the screen for more than two hours," he said.

The producer said members of Censor Board of Film Certification appreciated the movie. "They wanted to categorise it as a comedy and action movie. We accepted their suggestion. I am sure the audiences like this movie because its presentation is different," he said.

The movie features Milind Manjunath, Rachel David, Avinash, Bhoomika Shetty, Sadhu Kokila, Ramesh Bhat, and Shobaraj. Anoop Seelin has scored the music. **—BMB**

# Don't want son to be child actor: Ricci

Actor Christina Ricci recently shared that she doesn't want her son, Freddie, to follow in her footsteps and become a child actor. She appeared on the morning TV show and talked about her children's interest in entering the entertainment industry.

On Today, she was asked by Craig Melvin if she thinks her two kids son Freddie, 10, whom she shares with ex James Heerdegen, and daughter Cleopatra, 3, whom she shares with Mark Hampton would ever follow her into the acting world, reported People. "Well, my son Freddie likes to come to the set. He's been on the set of Yellowjackets quite a lot," shared Ricci, adding, "He has his own chair. Every time he's on set, he asks me if he can be a child actor," as per the outlet. However, Ricci is not keen on her son entering the industry at such a young age. She said, "And I'm like, 'Who's going to take you because I have to work.' So, no." **—ANI**

# Precious look

Priyanka Chopra, Bollywood's ultimate fashionista, is in India celebrating her brother Siddharth Chopra's wedding. At his Mehendi-Sangeet ceremony, she stunned in a bejewelled floral Rahul Mishra gown. However, it was her opulent necklace that truly stole the spotlight.

Priyanka wowed everyone with a stunning statement necklace at her brother's Sangeet ceremony. It perfectly matched her strapless gown and looked undeniably expensive. Fashion watchdog Diet Sabya revealed that the necklace is a lavish piece from a luxury brand.Her necklace is made of pink gold and adorned with small diamonds. It features seven pear-shaped morganites, nine cabochon amethysts, and six cushion mandarin garnets. As the brand piece, its estimated cost is Rs. 10 to 12 crore. The stunning necklace enhanced her elegance, making her a standout at the ceremony.For her brother's Mehendi, Priyanka ditched the traditional green lehenga and opted for a breathtaking white floral gown. Designed by Rahul Mishra, it featured intricate multicoloured floral details. The elegant princess-cut corset added a regal charm. PeeCee enhanced her look with soft eye makeup, rosy cheeks, and glossy pink lips. **—ETimes**

# Chai-Time

## SOLVE IT IN A MINUTE

2^8 ÷ 8^2 = ?

BangaloreMirror | 10
Friday, February 7, 2025
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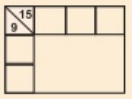
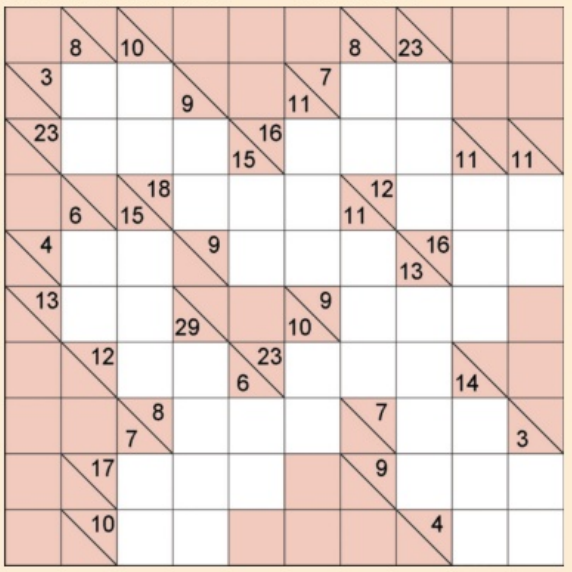
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

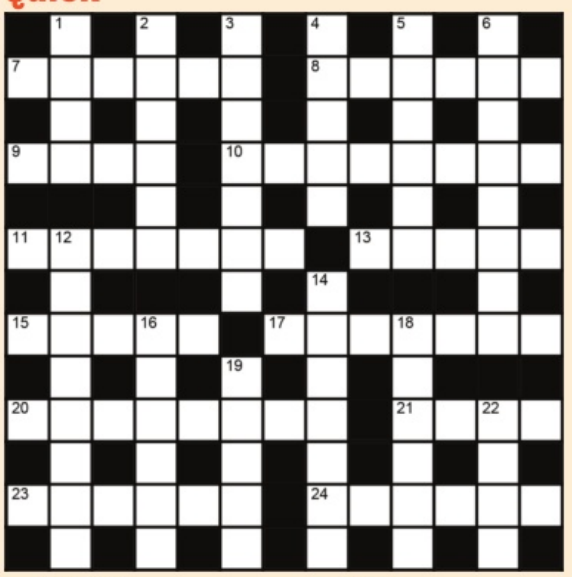



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 More just (6)
8 Judged (6)
9 Capital of Ukraine (4)
10 Arranging feathers or taking pride in oneself (8)
11 Always young (7)
13 Rockers ___ Jam (5)
15 Pilfer or steal (5)
17 Ghostly figure (7)
20 Blood clot (8)
21 Weeps or cries (4)
23 Causing the skin to tingle with fear? (6)
24 South African enclosures (6)

**DOWN**

1 Spanish surrealist painter (4)
2 Cringe (6)
3 Pop the question (7)
4 Monsters (5)
5 A hard, acid fruit (6)
6 Di Caprio of Hollywood (8)
12 Shines, sparkles or twinkles (8)
14 Movie theatre in Gandhi Nagar (7)
16 Like a hoof (6)
18 Japanese auto giants (6)
19 Tripoli is its capital (5)
22 Indonesian island (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: F EQUALS P**

FCLFXC NUPK BLDOHRC HMV BKHOHBPCO HXNHIT TCCY TUMUTPCO PL PKC OCTP.

## Linemaro

Your dexterity with chopsticks amazes me

## Mindchow

A man is converted when first he hears the low, vast murmur of life, of human life, troubling his hitherto unconscious self

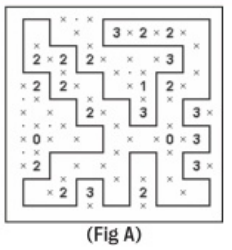
## Joke of the day

Why don't scientists trust atoms? Because they make up everything!

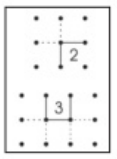
## Loop

### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

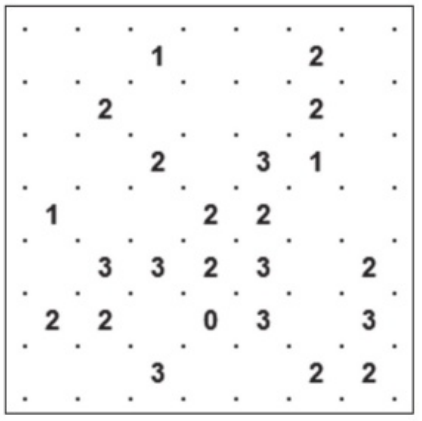


(Fig B) Not Allowed

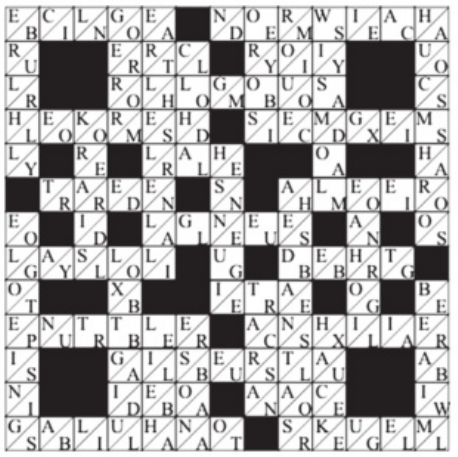
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 M | 5 |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |

**ACROSS**

1 Scram; 6 Hi tab; 7 A nine; 8 Crone; 9 Apter

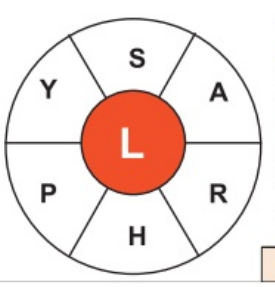
**DOWN**

1 HC Rip; 2 An ere; 3 Caaba; 4 On rim; 5 Tents

## Mensapuzzle

Which number replaces the question mark and completes the puzzle?

## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

**05** Average; **06** Good; **08** Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | | | | 7 | | |
| | | | 4 | 6 | 7 | | | |
| | 3 | 6 | | | | 5 | 2 | |
| | 8 | 5 | 9 | | 6 | 2 | 7 | |
| | | | | | | | | |
| | 9 | 2 | 3 | | 4 | 8 | 6 | |
| | 1 | 7 | | | | 4 | 5 | |
| | | | 5 | 9 | 3 | | | |
| | | 8 | | | | 6 | | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

**Easy** = 3
2 4 5 6

**Medium** = 34
2 2 4 6

**Hard** = 31
2 6 9 3

## Hocusfocus

Find at least six differences in details between panels.

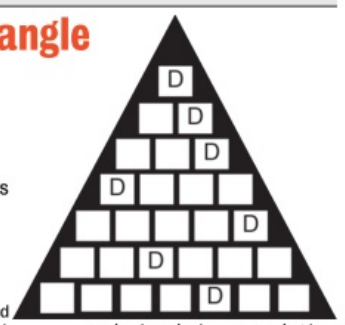
**Differences:** 1. Paint can is larger. 2. Woman's leg is moved. 3. Man's foot is moved. 4. Woman's right hand is not seen. 5. Bush is missing. 6. Window is different.

## Riddler

Golden treasures I contain, Guarded by hundreds and thousands. Stored in a labyrinth where no man walks, Yet men come often to seize my gold. By smoke I am overcome and robbed, Then left to build my treasure a new. What am I?

## Alpha triangle

1 Five hundred
2 Editor, abbr.
3 Flushed
4 Venture
5 Gave a hoot
6 Core groups
7 Covered passages




Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

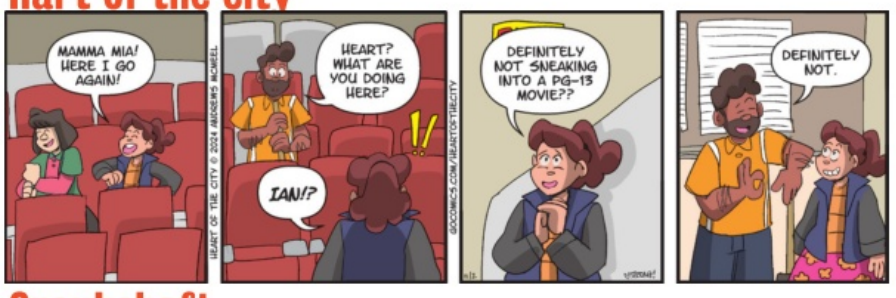
## Popeye

AHOY! WHA'S WRONG WIT' YA?
GULP! OH, DEAR!
WHAT WAS THE NAME OF THE LITTLE GIRL YOU'RE LOOKING FOR ?
I SAID HER NAME IS MS.BUNNY BANK!!
THAT'S WHAT I THOUGHT YOU SAID!
PLOP!
popeye.com

## Bizarrotrip

## Diamond Lil

## Hart of the city


MAMMA MIA! HERE I GO AGAIN!
HEART? WHAT ARE YOU DOING HERE?
IAN!?
DEFINITELY NOT SNEAKING INTO A PG-13 MOVIE??
DEFINITELY NOT.
HEART OF THE CITY © 2024 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

## Crankshaft

WELL, THIS HAS CERTAINLY BEEN A HALLOWEEN WE'LL NEVER FORGET.
TRY AS WE MIGHT.
I THOUGHT IT WAS THE BEST HALLOWEEN EVER!
BOO!
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11-2
BATIUK & DAVIS

## Mutts

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today, your children's education may keep you busy, and you may plan for their higher studies. Couples may receive good news related to a child. You may also make plans for your own higher education to boost your career, possibly attending a workshop to secure a promotion in your current job. Singles are likely to find their soulmate.

**Taurus** Apr 21 – May 20
Today, the negative influence of the Moon may make you feel upset and dissatisfied. You may struggle to fulfil your responsibilities, and your investments could result in losses. It is advised to read all documents carefully before signing them. The health of an elder family member may concern you. If you are planning home renovations, it would be best to postpone them for a while.

**Gemini** May 21 – Jun 21
Today, your energy levels seem strong, allowing you to complete tough projects with ease. You may expand your professional network after a short work-related trip. Helping someone in need could enhance your social reputation. Disputes with siblings may be resolved, strengthening your bond with them.

**Cancer** Jun 22 – July 23
Today, you may be busy with a family gathering. Your polite and kind nature may enhance your image among relatives and friends. You may spend money on artefacts or other valuable items to improve your social status. Some good news from a close relative may bring happiness.

**Leo** Jul 24 – Aug 23
Today, with the blessings of elders, you may develop patience and regain your focus, helping you achieve your goals. You may perform well in both your business and personal life. There may be a balance between expenditures and savings, which could boost your financial security.

**Virgo** Aug 24 – Sep 23
Today, you may experience some dissatisfaction, feeling lazy and dull. This could slow down the progress of your work or projects. Lovebirds are advised to avoid making important decisions regarding marriage. Job seekers should put in extra effort to succeed in interviews.

**Libra** Sep 24 – Oct 22
Today, your inner strength may bring happiness. You may see short-term gains from investments. Your relationship with your boss could improve, possibly leading to a promotion. Your social prestige may increase, and work-related travel is likely.

**Scorpio** Oct 23 – Nov 22
Today, you may be blessed by the Moon, and your hard work could lead to a higher position. Your performance at work may improve, and you might meet an influential person who can provide valuable guidance for your future. You may handle domestic issues efficiently, bringing harmony to your personal life.

**Sagittarius** Nov 23 – Dec 22
Today, you may feel happy as things seem to be improving. You might plan a visit to a religious place, which could provide inner strength. Donating to a charity or a religious institution may bring you satisfaction. You could also plan overseas travel for education or work. Couples may find a suitable match, and singles are likely to meet their soulmate.

**Capricorn** Dec 23 – Jan 20
Today, you may feel alone and engage in self-reflection. Changes in your position or workplace may be expected. Your patience may be tested multiple times, and you could display arrogance toward others, which may affect your personal life. It is advised to avoid adventure trips.

**Aquarius** Jan 21 – Feb 19
Today, you are blessed by the positive influence of the Moon, creating a positive atmosphere around you. Your creativity may increase, leading you to purchase artefacts or household items to renovate your home. Disputes in a partnership may be resolved. A long-distance work-related trip may be on the horizon. Your bond with your spouse will strengthen, bringing harmony to your domestic life.

**Pisces** Feb 20 – Mar 20
Today, you may perform exceptionally well at work. Your bond with your boss may improve, and you may receive new responsibilities, possibly leading to a promotion. Any lingering health issues may be resolved. Disputes with siblings may also be settled. Financially, money that was previously stuck may be recovered. Job seekers may find a new opportunity.

## KIDZONE

Sanjanna, Bengaluru

Hamzauddin, Bengaluru

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# SOLUTIONS

**SOLVE IN 1M**
2·8+(2÷3)·2
=2·8+2·6 =2·8-6
=2·2 = 4

**RIDDLER**
A beehive

**QUOTE UNCODE**
People with courage and character always seem sinister to the rest.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | A | R | T | | | | | | | | | | |
| R | E | C | O | N | | | | | | | | | | |
| I | N | A | N | E | | | | | | | | | | |
| H | A | B | I | T | | | | | | | | | | |
| C | R | A | M | S | | | | | | | | | | |

**FAST FIVE**

**BULL'S EYE**
lash, palsy, play, rashly, SHARPLY, slap, slay, splay

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | I | L | G | E | | N | O | R | W | I | C | H | | |
| U | | E | T | C | | R | O | I | | G | A | U | G | E |
| L | | R | H | O | M | B | U | S | | S | | | | |
| L | | O | | | | | | | | | | | | |
| Y | | R | R | A | F | E | | O | | | | | | |
| L | O | O | M | E | D | | S | E | D | G | E | S | | |
| T | R | E | E | | N | | A | M | E | E | R | | | |
| P | U | T | T | E | E | | A | S | H | L | A | R | | |
| O | | X | | | I | R | E | | O | | B | | | |
| L | Y | S | O | L | | U | B | E | R | G | | | | |
| E | | I | | A | G | N | E | S | | N | | S | | |
| | T | R | E | E | | N | | A | M | E | E | R | | |
| Y | | R | R | A | F | E | | O | | | | A | | |
| L | O | O | M | E | D | | S | E | D | G | E | S | | |
| | R | H | O | M | B | U | S | | | | | S | | |
| B | I | L | G | E | | N | O | R | W | I | C | H | | |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | G | | P | | O | | Q | | L | | | | | |
| F | A | I | R | E | R | | G | A | U | G | E | D | | |
| L | | O | | O | | R | | I | | O | | | | |
| K | I | E | V | | P | R | E | E | N | I | N | G | | |
| L | | O | | E | | O | | S | | C | | A | | |
| A | G | E | L | E | S | S | | P | E | A | R | L | | |
| L | | E | | B | | | | | | D | | | | |
| P | I | N | C | H | | P | H | A | N | T | O | M | | |
| M | | L | | L | | U | | I | | | | | | |
| E | M | B | O | L | I | S | M | | S | O | B | S | | |
| E | | V | | B | | I | | S | | G | | A | | |
| P | U | T | T | E | E | | A | S | H | L | A | R | | |
| O | | X | | | I | R | E | | O | | B | | | |
| L | Y | S | O | L | | U | B | E | R | G | | | | |
| E | | I | | A | G | N | E | S | | N | | S | | |
| | T | R | E | E | | N | | A | M | E | E | R | | |
| Y | | R | R | A | F | E | | O | | | | A | | |
| L | O | O | M | E | D | | S | E | D | G | E | S | | |
| | R | H | O | M | B | U | S | | | | | S | | |
| B | I | L | G | E | | N | O | R | W | I | C | H | | |

**MENSA PUZZLE**
849. Working from top to bottom, add 1 to each number and multiply by 3 to give the next value down.

**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 4 | 9 | 2 | 3 | 5 | 7 | 1 | 6 |
| 5 | 2 | 1 | 4 | 6 | 7 | 3 | 9 | 8 |
| 7 | 3 | 6 | 1 | 8 | 9 | 5 | 2 | 4 |
| 4 | 8 | 5 | 9 | 1 | 6 | 2 | 7 | 3 |
| 6 | 7 | 3 | 8 | 5 | 2 | 9 | 4 | 1 |
| 1 | 9 | 2 | 3 | 7 | 4 | 8 | 6 | 5 |
| 3 | 1 | 7 | 6 | 2 | 8 | 4 | 5 | 9 |
| 2 | 6 | 4 | 5 | 9 | 3 | 1 | 8 | 7 |
| 9 | 5 | 8 | 7 | 4 | 1 | 6 | 3 | 2 |

**ALPHA TRIANGLE**
D, Ed, Red, Dare, Cared, Cadres, Arcades.

**GO FIGURE**
Easy
4 − 2 − 5 + 6 = 3
Medium
2 + 4 × 6 − 2 = 34
Hard
9 × 3 + 6 − 2 = 31

**LOOP**

**KAKURO**

Volume No 18, Issue No 028 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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